

MARCH 2, 2022

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## PHYSICAL ACTIVITY & CHRONIC DISEASE

According to the Centers for Disease Control (CDC), regular physical activity provides important health benefits for those with chronic health conditions or disabilities, including cancer survivors and people with osteoarthritis, hypertension, type 2 diabetes, multiple sclerosis, stroke, Parkinson's Disease, spinal cord injury, dementia, and other cognitive disorders. Adults with chronic health conditions or disabilities who are able should get at least 150 minutes (for example, 30 minutes 5 days a week) of moderate-intensity aerobic physical activity a week. Also, it is recommended that you get at least 2 days a week of muscle-strengthening activities that include all major muscle groups. If you are unable to meet the recommendations, be as active as you can and try to avoid inactivity.

There are many benefits to getting regular physical activity if you or someone you know lives with a chronic illness or disability. For example, exercise may control your weight, improve mental and emotional functioning, helps heart and muscle health, and encourages independence.

Need ideas for how to get active this spring? Swimming, water aerobics, walking, biking, or wheelchair rolling can really help get your heart pumping. Or you can try muscle-strengthening exercises such as certain yoga postures, using exercise bands or lifting weights. Note: If you have chronic health conditions or disabilities, you can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for your abilities. Visit [www.cdc.gov](http://www.cdc.gov) for more information.

If you have diabetes or pre-diabetes, Morgan County Health Department (MCHD) has a new program for you! MCHD, alongside Central State University Extension Office, is offering DEEP (Diabetes Empowerment Education Program) classes, an evidence-based diabetes self-management program. This program is designed to help adults with pre-diabetes and diabetes learn skills to control diabetes and reduce health risk. Topics include understanding the human body, nutrition education and meal planning, the importance of physical activity, stress management, and more.

Classes are FREE and start March 16th at Kate Love Simpson library. They will occur every Wednesday from 10am-12pm until May 4th. To register, please call MCHD at 740-962-4572 or visit [www.bit.ly/DEEPMorgan](http://www.bit.ly/DEEPMorgan).